



Water First for Thirst!

When your child says, “I’m thirsty”, offer water before any other drink.



Ohio State Colleges/Units Involved

Ohio State University Extension
College of Public Health
OSU Life Sports

Community Partners Involved

Child Development Council of
Franklin County Head Start
Children’s Hunger Alliance
Church Partnerships Mount
Carmel Health
Columbus area child care centers
and in-home providers
Columbus City Schools
Columbus Public Health (CPH) -
Healthy Children Healthy Weights
(HCHW)
Columbus Urban League Head Start
Community Development for
All People
CPH Creating Healthy Communities
CPH Strategic Nursing
CPH Institute of Active Living
Franklin Park Conservatory
Kroger
Molina Health Care
Nationwide Children’s Hospital
Personal Fitness Navigators
United Way of Central Ohio
YMCA of Central Ohio

“Growing Healthy Kids Columbus” Obesity Prevention Coalition

Purpose

The Growing Healthy Kids Columbus (GHKC) coalition brings together over 40 organizations, including OSU Extension and the OSU College of Public Health, to network and collaborate on childhood obesity prevention efforts.

The coalition’s accomplishments have included the development of “Water First for Thirst” and “An Hour a Day to Play” campaigns and toolkits, and changes to organizational practices and procedures that make nutrition environments match health educational messages to help children maintain a healthy weight.

Impact

Educational Resources: In 2015, over 300 individuals were trained, over 35 events utilized GHKC kits reaching over 1500 individuals, and GHKC developed 12 healthy celebration and snack guides and handouts.

Environment/Policy Changes: 15 GHKC organizations implemented menu changes, offered increased activity opportunities, and/or changed their policies, while fostering over 600 menu changes and 300 policy changes among groups they serve.

Using the \$1000 2015 OSU Outreach and Engagement Excellence in Community Partnership Award, GHKC conferred 12 mini-grants to fund physical activity, healthy eating and breastfeeding resources for members’ community events.



Make Breakfast Count!

Get started on the right track.

Start with a healthy breakfast.



An Hour a Day to Play

Children need at least 60 minutes of physical activity each day.



How you can get involved:

- Join the GHKC coalition
- Collaborate as an evaluator
- Provide input on resource development
- Give a presentation to the coalition
- Service-learning opportunities for students

To get involved, contact:

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<https://columbus.gov/publichealth/programs/Healthy-Children-Healthy-Weights/The-Growing-Healthy-Kids-Columbus-Coalition/>



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